

Community Center Activities

Aerobics



20/20/20

Mon. 7:00pm @ Meridian
\$3 members/\$5 non-members

Resistance Training

Mon. & Wed. 9:00am @Felker
\$4 members/\$5 non-members

Zumba Gold

Mon. & Thurs. 9:00a @Meridian
Tues. & Fri. 9:00a @ Felker
\$3 members/\$5 non-members

Step Aerobics

Mon. 6:00pm @ Meridian
\$3 members/\$5 non-members

Cardio Pump

Mon Tues & Thurs 5:45pm @ Felker
\$4 members/\$5 non-members

Hip Hop

Tues. 6:00pm @ Meridian
\$3 members/\$5 non-members

Zumba/Sculpt + Abs

Tues. 8:30am @ Meridian
\$3 members/\$5 non-members

Boot Camp

Mon. & Thurs 6:30pm @ Felker
Sat. @ Felker 8:30am

Senior Fitness- FREE

Mon., Thurs. 10:30am @ Meridian
Tues., Fri. 10:30am @ Felker

Step/Sculpt + Abs

Mon. 8:30am @Meridian
\$3 members/\$5 non-members

Kids Choreographic Dance

Mon & Tues 6:00pm @ Felker
\$35 per month

Homeschool - Arts & Crafts

Tues 11:00am @ Meridian
\$10/month or \$5/class walk-in

Zumba

Mon. 6:30pm @ Meridian
Thurs. 6pm @ Meridian
Sat. 8am @ Meridian
Mon & Thurs. 6:30p @Felker
\$3 members/\$5 non-members

Homeschool PE

Tues. 1:00pm @ Meridian
\$10/class

Cardio Kickboxing

Thurs. 6:00pm @ Meridian
\$3 members/\$5 non-members

PERSONAL TRAINING

Mon-Sat @ Meridian and Felker
Price Varies w/instructor

Contact trainers to set up apt.

Andy Stolarik - a_stolarik@hotmail.com or (770) 294-7781
John Harlan - i.am.mopert@icloud.com or (404) 644-8523
Nichole Hanson Nunnally- nichanson@windstream.net or (770) 601-0102
Reggie Lumpkin - coachlumpkin24@gmail.com or (678) 776-7197
Emily Diaz- (225)329-5547 or getscuffedup@hotmail.com or www.getscuffedup.com



Programs

Adult Art- \$15 members/\$20 non

Thurs. 10am @ Felker

Art- Young Artist \$12 members/\$15 non-members

Tues (5-9yrs) 3:30pm @ Meridian

Tues (10-up) 5:15pm @ Meridian

Fishing- Free @ Meridian

3rd Sat- Kids Fishing, Wed.- Fly Fishing

Tues. Senior Fishing.

ART - Must contact before coming to class

Email Virginia at ttaleonard@bellsouth.net or call 678-995-1091



For more details or instructors contact, etc. please check out our website at
<http://www.waltoncountygga.gov/Parks/CommunityCenters.htm> or check with our front desk attendant